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A Natural Beauty 10

Photo Credit: Lillian Lane



Lovely and Local 63

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COVER: Homeowners Del and Michael say the trick to repurposing a former church is to embrace the church aesthetic.
Photo by Lillian Lane.

HOME front

Welcome to another issue of jam-packed local *Saskatoon HOME* goodness. One of the most common questions I get asked is how do you find these stories? Some of them come from us exploring the city and knocking on doors. Many are sent in by homeowners and trades in the industry, but the majority of them come from being out in the community and talking with people. Conversations that begin with "Have you heard about...?" are my favourite. A magazine like this could not survive without the ongoing support from all you great people from Saskatoon and area. Thank you! With this in mind I am excited to announce the launch of our new distribution program! Our HOME super fans and community have been asking for something like this for a while, so check out page 8 or go to www.gethomemagazine.ca to see what all the excitement is about. This issue is a great showcase of our community reaching out and sharing some truly unique stories. So settle in. I know this issue will have you asking your friends and family "Have you heard about...?"

Happy reading!

Amanda Soulodre
AMANDA SOULODRE
OWNER & PUBLISHER



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Meet the HOME Team

SPOTLIGHT: WRITER

Julie Barnes

As a full-time freelance writer and regular contributor to *Saskatoon HOME*, Julie Barnes also writes about urban planning, cottage communities, residential construction and education for a variety of publications and industry clients. Born and raised in Nova Scotia, Julie has lived in Dublin, Ireland, Ottawa, and along with husband Josh, has called Saskatoon home since 2011.

"Meeting homeowners, getting a glimpse into how they live their lives is always a lot of fun," says Julie. "I'm always interested in the personal stories behind decisions people make when it comes

to home layout, design and decoration."

Julie has a business degree from Acadia University, a certificate in media communications from Algonquin College, and is currently enrolled in the Master Gardener certification program at the U of S. That passion was clear in a *HOME* article she wrote in 2016 about the green roof she and her husband installed on the top of their garage.

"*Saskatoon HOME* offers such a variety of subjects to write about," says Julie. "My favourite pieces are those where homeowners have

done something I've never seen before—whether that's a rammed earth house in Caswell Hill, a natural plunge pond in Nutana, a passive house in Varsity View, or a beautiful garage suite in North Park."

Julie says writing for *HOME* is an opportunity for lifelong learning, and a legitimate excuse to ask personal questions. "I recently interviewed my in-laws about a book called *The Gentle Art of Swedish Death Cleaning*, as a way to spark a discussion about how they plan to pare down their belongings. It's probably the story I've received

Julie's green roof is still thriving in its fifth season, and is still garnering media attention. She says, "I'd love to see more people in Saskatoon and beyond incorporate green roofs when they're doing a new build—whether that's on a house, or a garage, like ours."

the most feedback on from friends—a few of them said they gave the article to their own parents to read...hint, hint. My in-laws' friends read it and told them, 'You must really get along well with your daughter-in-law.'"

Julie knew she wanted to be a writer—not a "number cruncher"—when she found herself working at a bank after university. "I realized I loved getting a peek inside another person's life. That's when I knew a writing career would give me an opportunity to meet interesting people and allow me to keep asking questions." 📖

Photo Credit: Heather Fritz



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Before and after kitchen reno photos from Beth and Brian.

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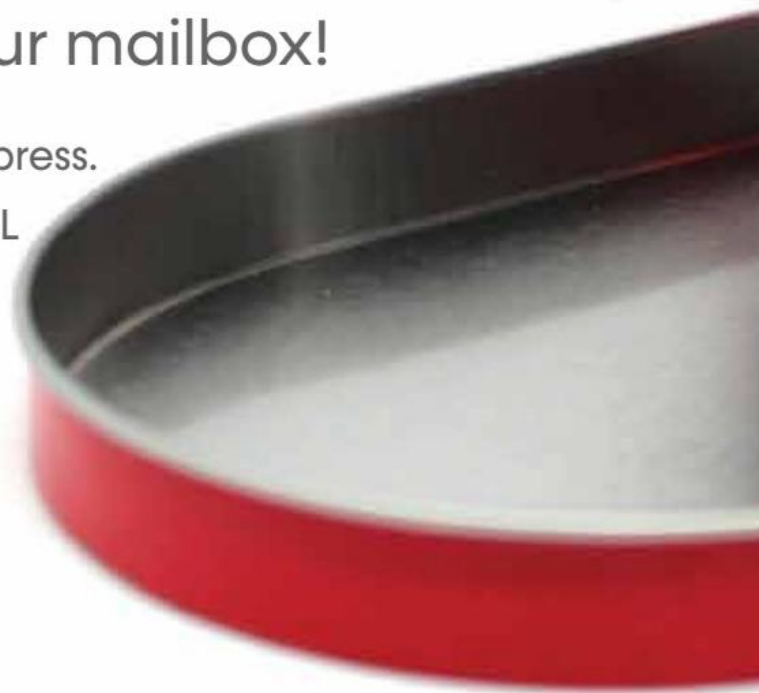
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A NATURAL BEAUTY

CUSTOM TIMBER FRAME NESTLED IN NATURE

"I still wake up and can't believe we get to live here."

Chantelle and Daryl Fourney had a beautiful home in Varsity View. "It was where we brought home each of our babies. We loved it. But there were things we didn't love about it, too." They longed for a rustic-modern mix of timber,

stone, natural elements and abundant natural light. With boys Foster, Fletcher, and Forest, it was time for a family adventure.

They found a five-acre parcel of subdivided land in Grasswood, sold the 1980s house on site, and hired design build firm Haven Builders. Fifteen

months later: The Elmwood, a spectacular 7,500-sq. ft. modern timber two-storey with unobstructed glazing and airy spaces that welcome abundant natural light.

Communing with Nature

Charissa Surine, Haven Builders' design manager, knew the Fournays are active

outdoorsy nature lovers. She was confident the modern timber frame influence would appeal, inspired by mountain lodges, tailored to the prairie. Dramatic, multi-angle rooflines and expansive use of fibre cement siding, stone and timber on the exterior makes the home look like it belongs in the country



With natural materials like timber and stone, and expansive views, the house is integrated into the five-acre landscape and surrounding countryside.

 **KARIN MELBERG SCHWIER**  **LILLIAN LANE**

landscape. But the house still offers its own perspective on modernism.

Haven gravitated toward open beam light-filled spaces. Massive glazing, triple pane windows manage solar gain in winter and insulate in summer; expansive sightlines invite changing skies and countryside in as

elements of interior décor.

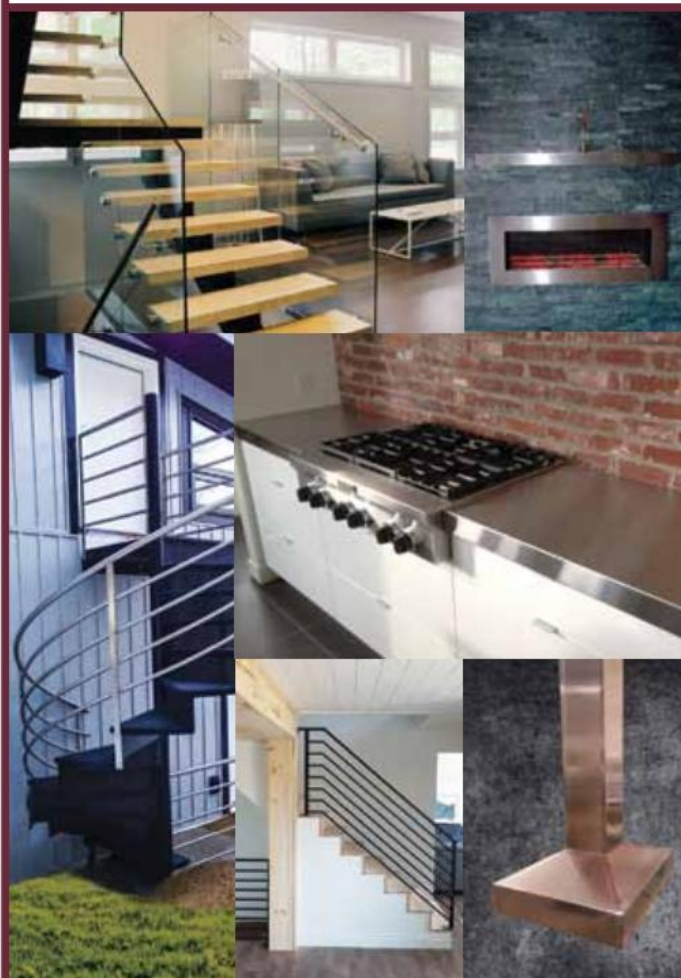
"One of the things we love best is that 'bringing the outside in' aesthetic," says Chantelle.

Exposed glulam (glued laminated timber) beams, fir tongue and groove ceiling, 7.5 inch oiled white oak plank flooring, birch and maple elements, river stone, ➤



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The glulam timber beams, 20-ft. concrete panel surrounding the double-walled glass fireplace, and large windows work together to create a solid elegance.



concrete, quartz and even petrified wood reinforce the natural landscape. Elm is an inspirational wood used throughout the interior.

"One of the special things we accomplished came from the sad necessity to take down about 25 mature elms," says Chantelle. "Much of the beautiful wood inside is from those elms. Charissa designed live edge benches, shelving and countertops, mudroom cabinetry, closets, and trim, all fabricated by Beaver Creek Customs. We couldn't bear to waste it."

A nod to farmhouse style, barn doors are featured on closets and pantry cabinets. It was all about mixing metals, incorporating antique copper, brushed brass and matte black.

A modern house needs softness and colour to be comfortable. Leather furniture, willow baskets (woven by Chantelle's mom) textiles, bowls of succulents

and flowers add warmth, as do colour-coordinated cats Friedrich Kuhlau and Franz Liszt (the boys are Suzuki music students).

Considering Scale

"We wanted this home to be a warm and inviting modern farmhouse, with a touch of industrial. Much more play, learning and music space for the boys, and more creative and living space for us."

"A challenge," says Charissa about the largest design project in her career. "We worked with a very long 'client list' and still wanted to maintain an open, airy feel. Natural materials were a big consideration. Because of the sheer scale of the house, almost everything we did was custom. Not many 'off the shelf' materials were available."

Oddly, even with the massive scale, there is a minimalist feel. From the tongue and groove

The Fourney family: Daryl and Forest at top, and from left Foster, Chantelle and Fletcher, with cats Franz and Friedrich.



Photo Credit: Little Black Dress Photography

fir ceilings—the highest elevation 20 feet—wire brushed fir beams, and the 60” tiered chandelier at front entry, down to the hidden pullout cabinet dedicated to cookie cutters, each detail is custom designed. Functional hidden storage reduces clutter.

“It’s been an amazing opportunity to work on a project of this magnitude,” says Charissa. “Haven is a custom builder, but this project is a once-in-a-lifetime. It was a chance to flex creative muscles, push the design envelope, and dream up some pretty grandiose concepts.”

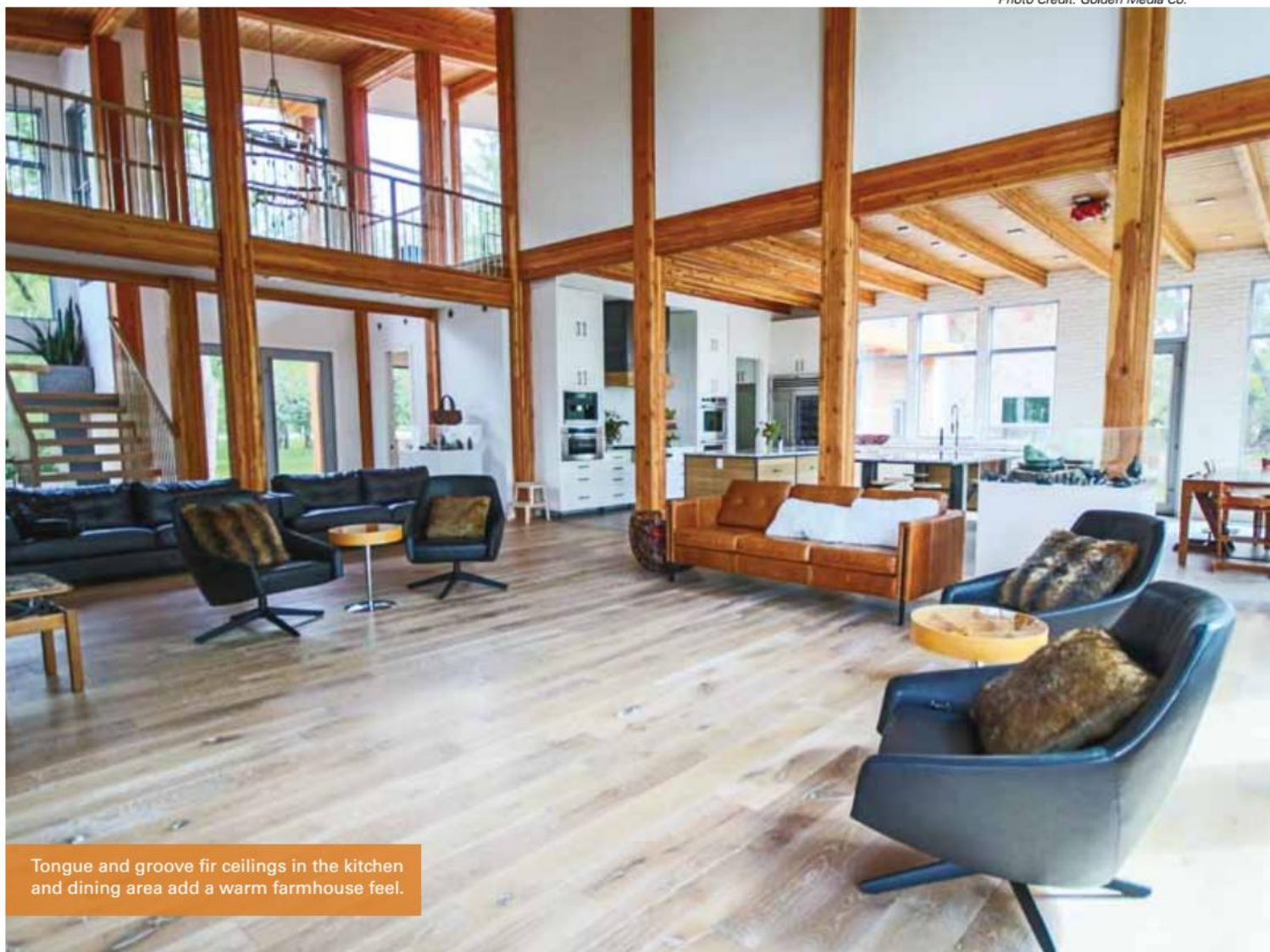
Set in Concrete

Concrete is a ubiquitous element inside and out. The 20-foot concrete panel that surrounds the 60X60 inch double walled glass fireplace anchors the living space. Forty-eight inch plywood form concrete panels were custom designed for the walk-through ensuite shower to complement river rock floors. Concrete countertops, bathroom vanities and benches create cohesion throughout the house.

“We love to travel and have brought back things that we’ve incorporated as we were building the house.” In some concrete surfaces, ➤



Photo Credit: Golden Media Co.



Tongue and groove fir ceilings in the kitchen and dining area add a warm farmhouse feel.

inlaid prehistoric shark teeth and shells from Florida's Caspersen Beach add interest and a personal touch.

The concrete element continues outside around the pool and 'pavilion' pool house, a building that contains mechanicals, car and tractor storage, and a florist studio. There's an outdoor shower, bathroom and change room, and tiki bar. Much to the children's delight, deck concrete is embossed with reliefs of prehistoric fish, ferns, raptor claws, ammonites, and dinosaurs.

Chantelle asked Old North Concreteworks for a unique accessible walkway in her one-acre gardens on the property. Reinforcing the floral theme, "these big burly concrete guys got down and pressed stems, flowers and rhubarb leaves into setting





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Chantelle revels in her one-acre vegetable and flower gardens. City Girl Flower Farm began as a hobby, but now she hosts U-pick flower arranging and potting classes, private functions, and charity fundraisers.

Photo Credit: Little Black Dress Photography

concrete. I think they had a lot of fun!"

Blending Form and Family Function

The wish list was daunting, but Haven and the Fournays worked well together. Charissa became "a member of the family. The boys adore her."

"Chantelle is an amazingly creative artist, and came up with so many 'never been done before' things that really pushed us creatively in so many ways," says Charissa. "Can I say she's a Martha Stewart on steroids? But she was also willing to trust us and go with things we felt would work."

After 15 months of construction, the wish list is an impressive reality. The kitchen features two Cambria quartz island countertops. It's equipped for baking, prep

and cooking areas, a large pantry with a 10-foot Baltic birch sliding door, and open shelving. There's a juice bar, custom recycling centre, and a space for coats and shoes to keep the front foyer free of clutter.

Also on the main, a large mudroom features lockers for each family member, with charging stations for electronics, and schedule organization. A main floor gym is sound insulated. A former kindergarten teacher, Chantelle is an instructor in Educational Psychology and Special Education at the university. She augments the boys' Montessori education with at-home lessons in a dedicated 'schoolroom' space.

The staircase leading to the second floor is artwork in itself. White oak butcher-block treads have open risers. The metal spindle ➤



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railing maintains the open see-through concept. A children's wing and master bedroom with a spacious walk-in closet and ensuite, and a yoga room, are all bathed in natural light. A custom library wall with sliding birch panels conceals

bedroom doors and provides ample storage and artwork display space.

Basement Bonus

"Because Saskatchewan is frozen so much of the year, the basement evolved as the house progressed," Chantelle

explains. The stairway opens onto every child's dream.

"The builders were great. I would ask 'Can we do plywood walls?' Yes. 'Can we do a climbing walls?' Yes. 'Can we have a zip line?' I had to ask about 100 times

before they thought I was really serious." Chantelle laughs. "The boys spend a lot of time here when they have friends over."

There are large egress windows, a badminton net, rope ladders, two basketball hoops, and a hidden



Photo Credit: Little Black Dress Photography



The basement progressed as the construction evolved. The children have climbing walls, a zipline, basketball hoops and a 'secret bunk room' perfect for sleepovers.



Photo Credits: Little Black Dress Photography





playroom under the stairs. Beyond the gym and guest bath, a section of shelving hides a cleverly disguised door leading to the “secret bunk room.” Outfitted with six custom bunks, it’s perfect for sleepovers.

There’s a nine-seat movie

theatre with 92-inch screen and wet bar. The only carpeted space in the home is Daryl’s music room. Not every neurosurgeon has a band, but this one does, and the carpeting offers some soundproofing for 70s and 80s rock. ➤



Photo Credit: Little Black Dress Photography

Chantelle salvaged leftover lengths of glulam timber beams to create the pedestal for the ensuite bathtub.

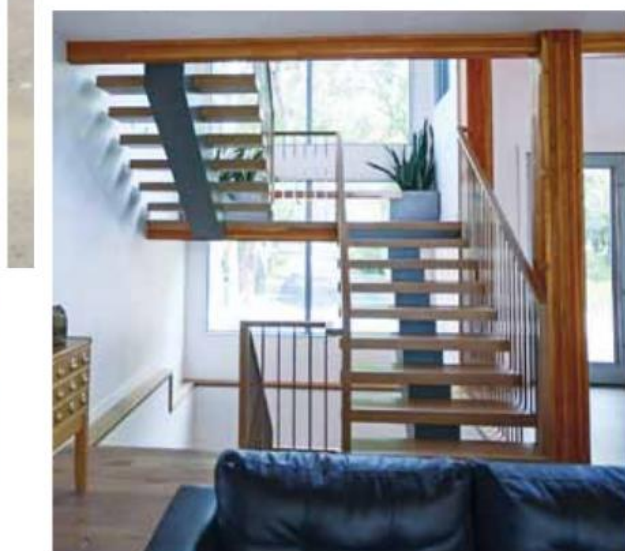


Photo Credit: Golden Media Co.

A sculpted feature on the property is a stone and boulder-lined moat that edges the house and empties into man-made lake at the back.



Smoothie station with cookie cutter pullout.



Kids room with reading nook above the bed.

The 432-sq. ft. basement mechanical room houses the high velocity heating, ventilation and air conditioning system. "A house of this magnitude needs a command centre to handle the heating and air conditioning demands," says Charissa. There are two air conditioners and two high efficiency gas boilers. The basement and all tiled floor surfaces have in-floor heat.

Also occupying the basement is a more sophisticated version of grandma's root cellar. The couple planted over 200 prairie hardy apple, cherry

and plum within sight of the house. There are over 350 haskaps and 500 raspberries, currents, blueberry, sea buckthorn, cranberry and gooseberry. "We're big on smoothies." The cold room will keep the perishable harvest chilled.

A Dream Come True

Chantelle concedes there's nothing remotely 'ordinary' about the house and grounds, and since the family moved in last September, everything is still perfect.

"My husband says 'anything crazy in the house or on the property is my wife.'

He says if he did it, it would all be boring," Chantelle laughs. "And Charissa was one of the best gifts. She knew when to go crazy and when to come to the happy medium that would be beautiful, functional and unique for our family."

For this home, Haven won Best Design and Best Custom Home in Saskatoon's 2019 Housing Excellence Awards, presented by the Saskatoon and Region Home Builders' Association.

The Elmwood was "a huge logistical undertaking," but Charissa says when all the dust settled, the most

important final detail was seeing how much the family loves it.

"It takes a huge team to accomplish a project like this. The most rewarding part," she says, "is knowing it's everything they dreamed. This is the place where they will raise their family and make memories. That's what I love about The Elmwood. We've created a legacy." 

Karin Melberg Schwier



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ONCE UPON A CHURCH

A CHURCH CONVERSION TO CALL HOME

When Saskatchewan ex-pats Del Thomson and Michael Hoess heard the call to come back to the province after working various careers in Calgary, Saskatoon was booming. It was 2007 and the pair knew they could buy some distressed property in need of some reno love. They planned to pool their talents

to fix and flip some homes.

Then they found the church. It was a hallelujah moment.

"In Calgary, we were always mindful of what would sell. When we saw the cathedral ceilings, beautiful windows, so much space, such a unique property, we knew we could do whatever we wanted. Just for us," says Del, a former

teacher, builder, artist, and candle maker (see sidebar). "We thought it would be a lot funner than it turned out to be," Del laughs. "But we fell in love with the sheer size and scale, and the possibilities."

Rock of Ages

The church, built in 1912 on Avenue I South, was

originally Ukrainian Baptist. At some point it was deconsecrated. During the sacred to secular makeover, religious ornamentation was removed. It then became a Sikh temple. Then it was owned briefly by a man who had it just long enough to realize it wasn't the reno project for him. He sold to



"We still have people coming to the door on Sundays," say the owners of the converted church on Avenue I South.



KARIN MELBERG SCHWIER



LILLIAN LANE

Del and Michael for less than \$200,000. It was, Del says, "a good deal."

"For a long time, we had Sikhs coming to the door on Sunday," says Del. The couple rescued the flagpole featuring the khanda, chakkar, and crossed kirpans, which in part, remind Sikhs to follow a one never-

ending god. It's propped in a corner of the living area.

Reno Worship

Calling a 107-year-old church 'home' tests one's faith, and the restoration and renos have been ongoing for over a decade. Still, the pair never intended to change much about ➤

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Far from a conventional kitchen and dining area, this was once the chancel and sanctuary. "We never tried to make it not look like a church."





the original building.

"We've never tried to make it *not* look like a church," says Del. "You have to be careful not to just fill up the space or be cliché just because it's a church. But it's a church!"

One of the most stunning first impressions comes from a unique privacy partition just inside the front door. Three 11-foot cathedral windows made in England were a gift to a new Alaskan church built in 1922. In 1976, the church burned. One window was destroyed, one saved and installed when the congregation rebuilt. The third, damaged beyond use, was stored in the barn on Del's family farm for 40 years until he retrieved it, gingerly transported it to Saskatoon and gave it pride of place.

The couple has learned to suppress any fear of heights. The 23-foot ceiling is original 1912 fir. "The first thing we did was bought two 30-foot ladders," says Del. "When you get up there, it looks like a very long way down!"

A Few Altar-ations

"From the first, it's been very calm and quiet," Del explains. "The walls are a foot thick." Recently, they took three layers of flooring back down to the original fir planking. The holes where 12 pews were mounted are visible and the aisle is clearly

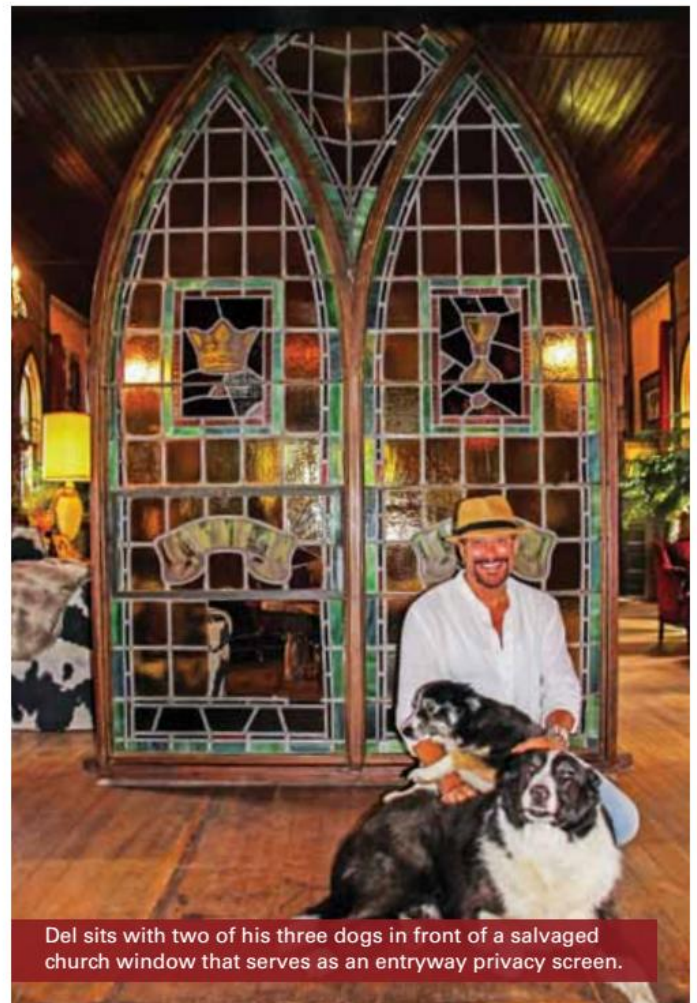


outlined. As a Sikh temple, all floors were carpeted so the first "big chore" was to remove that.

"The floors have been waxed and we weren't sure what to do so we just left it. It has that great antique well-loved look. We've got three dogs so we don't want polished floors."

The church kitchen was downstairs so for the first few years, that's where it remained. "We cooked on the old white church stove with its massive commercial hood, but we always came upstairs to eat since it was a bit dingy down there." Eventually, the chancel and sanctuary upstairs became the kitchen and dining area. The basement is still a work in progress.

Del's office, just inside the narthex at the entry, is opposite steps leading to the basement. There's another entry to the basement at the front; a door also leads ➤



out to the gardens. Once the church parking lot, it's now a serene plot of perennials, a pond, a gazebo made of old windows, and a small seating area.

Why a Church?

"We get asked that a lot," Del smiles. "We are artists, builders, creators, collectors. It was the perfect project at the perfect time. We do all the work ourselves with no rules."

The pair believes the church is a sanctuary, a peaceful respite from their work but also from the gritty neighbourhood they love.

"It is quiet, calm, safe, inspiring," Del explains. "You feel the history of the

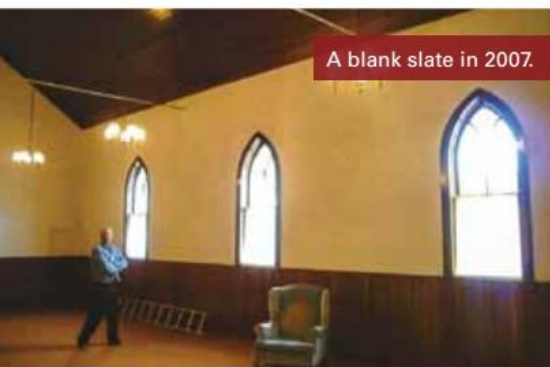
space. Happiness, sadness, grief, sorrow, laughter, the smell of old wood, coffee, dainties and incense. And you feel that all of it is resolved and only goodness remains here. And protective spirits." And maybe one slightly annoyed ghost?

A Restless Spirit?

"There have been a few things that give us goosebumps," Del says. "Our dog Tucker is the most sensitive of the three and he went through a very skittish period." It was last winter during a period of deep demo in the bowels of the church. During the night, two crystals in a collection—from the centre of a large display—ended up on the floor. Two nights. Same thing. Same crystals.



The 23-ft. fir ceiling was installed in 1912.



A blank slate in 2007.





Del started sharing Tucker's sense of 'something else.'

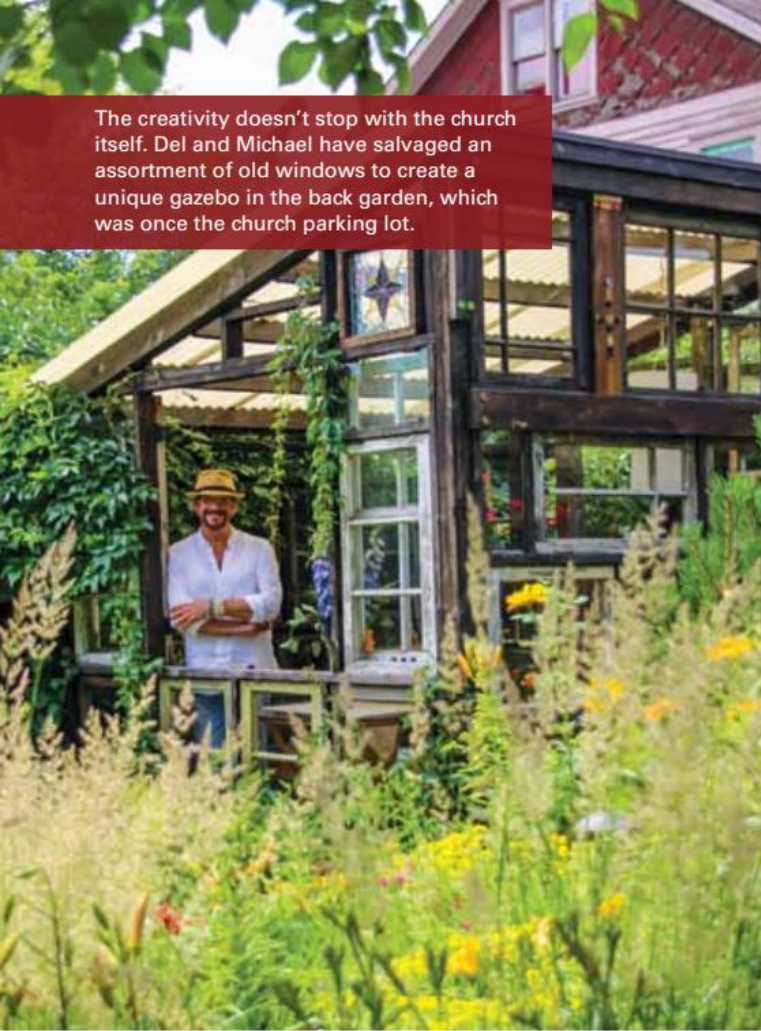
"It was disturbed energy, like someone would stomp on the floor if they could. But it was more the sense of that. Someone who loved the church, who waxed the floors, who waxed the pews, who worried we were damaging things. I felt it was a woman." It was disconcerting enough that Del and Michael smudged every room, and assured her they loved the church, too. Calm was restored.

"Other than those two occurrences, we've always felt grounded by good spirits here," Del says. But they do have a sentinel gargoyle perched on a beam over the dining room table. "Just to cover all the bases." And yes, he acknowledges, they literally have had bats in the belfry. ➤



There are thoughts of opening up the loft above the vestibule to create a second-storey space.

The creativity doesn't stop with the church itself. Del and Michael have salvaged an assortment of old windows to create a unique gazebo in the back garden, which was once the church parking lot.



Personalized décor comes in many forms, including the tin on many surfaces. It was once a chicken coop on Michael's homestead family farm at St. Brieux, southwest of Melfort.



Tucker only dreams of chasing this many cars. Vintage plates line the risers on the stairway.

A House of Welcome

"You can do anything in here," Del says. "If we wanted to put in a trapeze or a 25-foot tree, we could."

Congregations of the secular sort have attended fundraisers for the Children's Hospital and house concerts for a production company called The Neighbor's Dog.

"We hosted Sarah Slean and hip artist Buck 65 in two concerts. We recorded those for broadcast on TV. We stuffed 80 people in for those as well as cameras and film crew."

Thoughtful Reflection

"We've really taken our time to think about this space," says Del. "We love antiques, but we don't want it to look like a museum and you don't want to be too precious. But there is, of



course, that church aesthetic. After all, we made a church our home."

Del ponders future projects. "We may open up the loft over the vestibule. It's an attic now, but there is two-storey space for another floor. We could add just a tiny little staircase to get up there and larger window for natural light."

ANointing with oil, LIGHTING WITH CANDLES

Making good use out of every room, Del develops and hand-pours a line of scented candles at home in his restored Riversdale church. With his business partner Palma Cafolla they have founded Zingaro, a boutique parfum and candle house. They specialize in handcrafted parfum in the traditional French method, using natural ingredients. "I've found new inspiration and creativity. I attribute that not only to Palma, but to the unique energies I feel living in the church."

He pauses for some contemplation. "But after 12 years, we're now at that age where we think oh, aching bones. How much would someone charge to do that for us?" (i)

Karin Melberg Schwier

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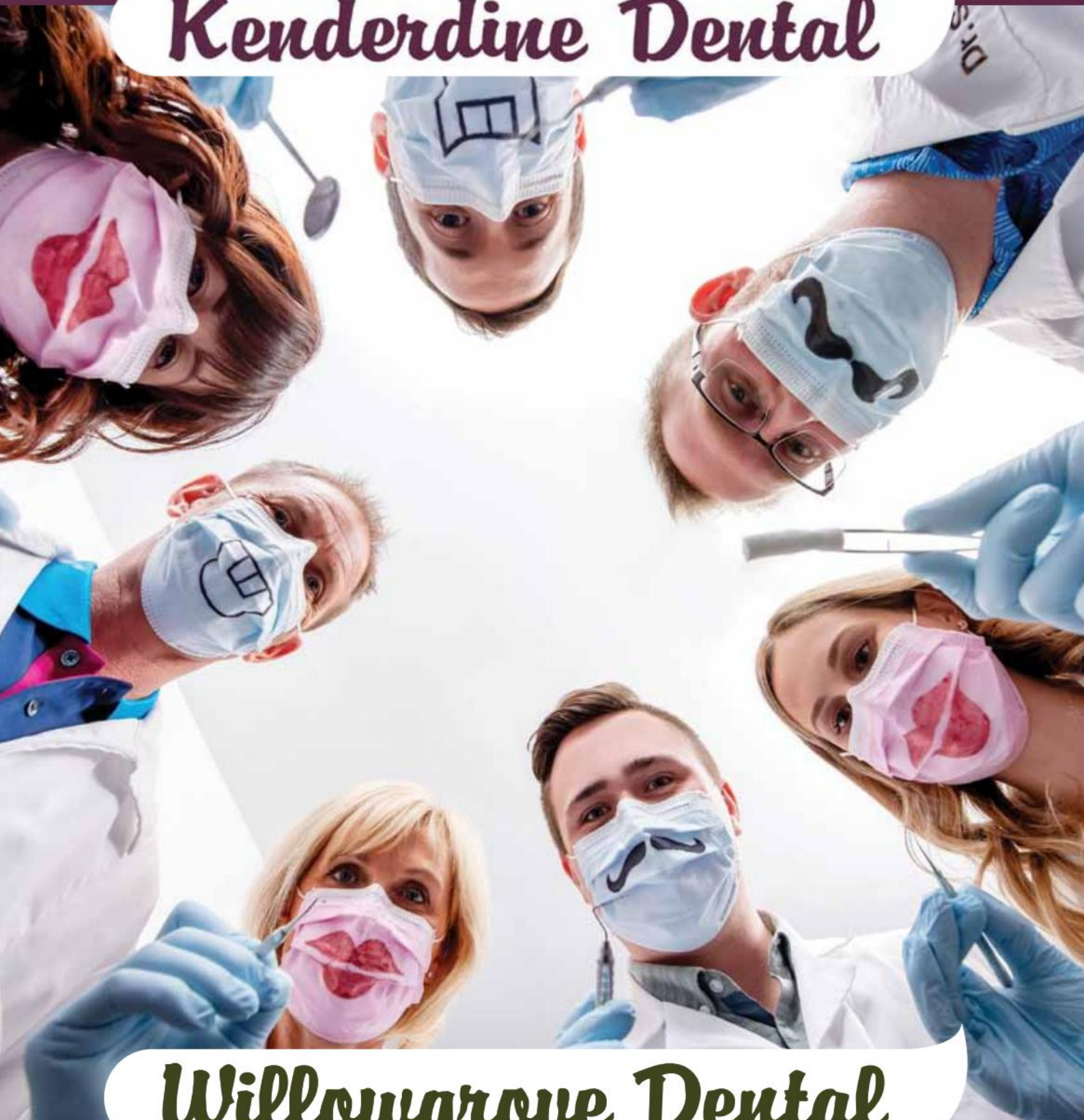
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THE ICE PRINCESS CHOOSING TO LOVE IT OR LIST IT



JULIE BARNES



SCOTT PROKOP

Most real estate viewings don't begin with kicking open a door to gain entry, but this wasn't your typical listing. Kaitlyn and Brad Blair, the owners of Spruce Homes, were there to assess if the 1960s Queen Elizabeth home had flip potential.

"We couldn't get in because

all the doors were frozen shut," says Kaitlyn. "The windows were open, so we could see there was frost everywhere." Once inside—having gained permission to force open a door—they got a better look at the damage. The walls and window frames were sheathed in ice and the

door handles were covered in frost. Paint peeled off the walls in large chunks.

"We could only stay in the house for so long because it was colder inside than it was outside," says Kaitlyn. "We'd come in and take a look and then go back to the car to warm up before going back in again."

Kaitlyn and Brad heard four conflicting stories about what may have led to the home freezing over, but from what they discovered, they gather that the house was vacant, listed for sale, and had an out-of-town owner. The heat was turned off, but not the water. When winter ➤



Kaitlyn used colour to create cohesion in her family's home. The kitchen island cabinets, front door and kitchen backsplash are all the same shade of sage green.

arrived, Brad says, "It got cold, all the pipes froze, and then in December it warmed up a little bit, the water would have been flowing again in the pipes as the ice was melting, there were cracks in the pipes and everything let go."

Purchasing the Ice Princess

Despite the extensive damage, the couple decided to purchase the home and quickly got to work on a four-month renovation. They nicknamed the home "The Ice Princess" on their company's blog.

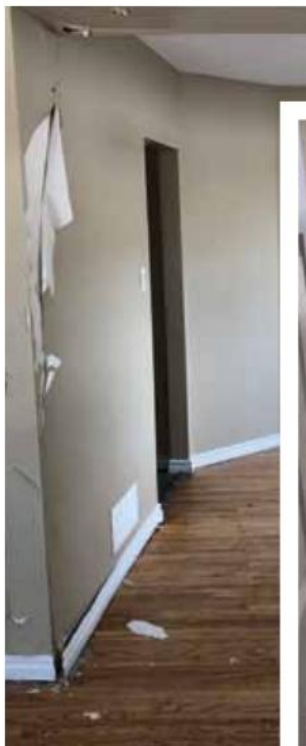
The walls were stripped back to the studs, which were also damp and had to be aired out with fans and dehumidifiers, says Brad. "All the electrical was done wrong. Everything was soaked, so all of the flooring had to come up."

"That was really sad, because it was original hardwood," adds Kaitlyn. "But because of all the water we were afraid of mould growing underneath it." The plumbing was updated, the insulation was replaced and a few walls



The 1,000-square-foot, second-floor secondary suite was an ideal space for the couple to set up an office.

Before photos



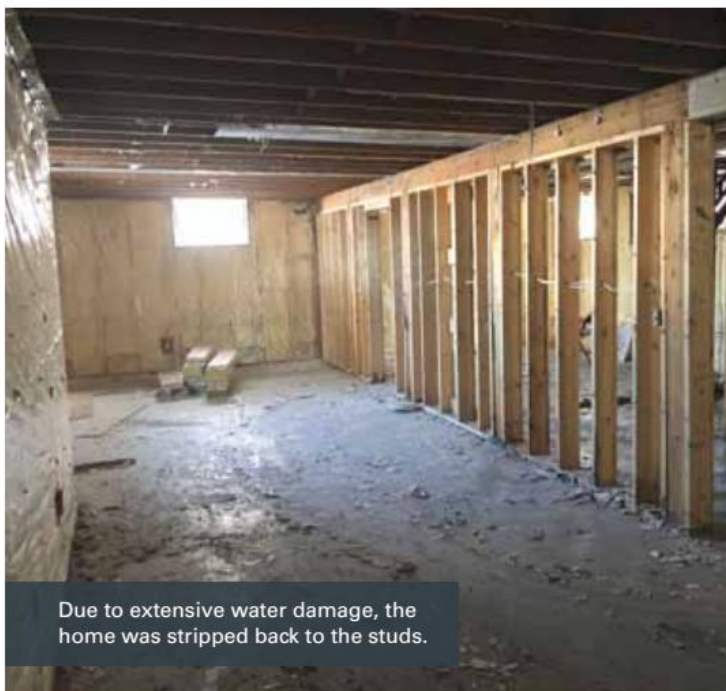
were removed, including the one that divided the kitchen and living room. Removing that wall created an open-concept space and allowed them to add a nook for two counter stools, bookended by two paneled columns—one of which is load-bearing, the other decorative to achieve symmetry.

About four weeks into the renovation, Kaitlyn and Brad decided to keep the house for themselves instead of listing it upon completion. In addition to the 900-sq.ft. main level they were renovating, the 1000-sq.ft. secondary suite on the second floor would

be an ideal space for their growing business, complete with a separate entrance for clients and employees.

Smart Storage, Durable Details

Kaitlyn and Brad have a two-year-old daughter and were going to be moving from a much larger house, so creating ample storage was a priority. They installed an L-shaped, built-in bench with under-seat storage along two sides of their dining table. They also designed a mudroom at the back of the house with built-ins for their outdoor gear, and added a recessed medicine cabinet in the ➤



Due to extensive water damage, the home was stripped back to the studs.



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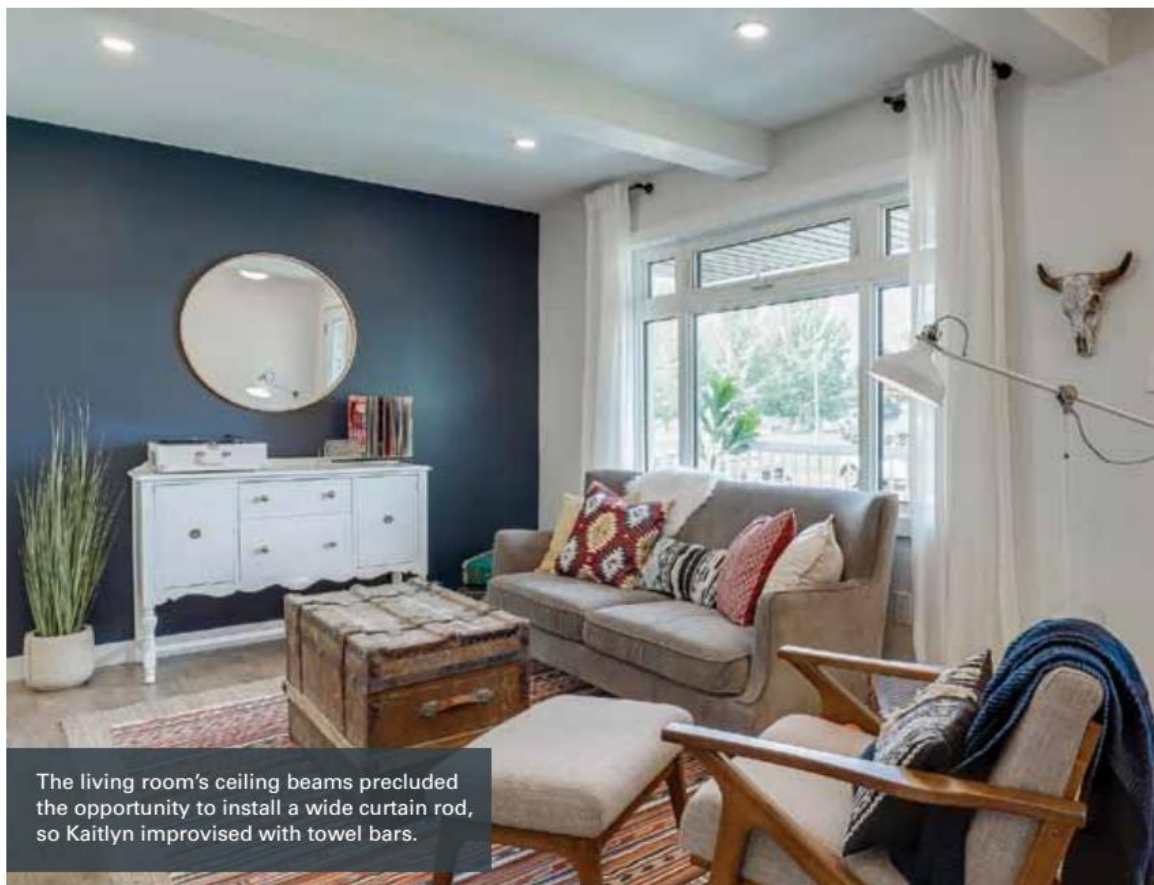
main-level bathroom.

Durability was also key. From a distance, the bathroom and mudroom floors are reminiscent of elaborately patterned Moroccan tiles. "It's actually glued down linoleum," says Kaitlyn. "With how rough our daughter is, and with the water, we decided to do that. It's super durable."

Farmhouse with a Modern Twist

The home is light and airy, much like the new builds and renovations the couple manages for their clients. Bold accent walls add a dose of drama, while decorative details like the living room's coffered ceiling, antique furniture and the preservation of the home's original, ornate wall registers infuse the space with charm and character.

The kitchen island cabinetry and front door were painted the same calming shade of



The living room's ceiling beams precluded the opportunity to install a wide curtain rod, so Kaitlyn improvised with towel bars.

A modern home office with a white desk, a white chair, and a white bookshelf. The floor is made of light-colored wood.

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sage green, which matches the green tiled kitchen backsplash. "We really loved this light green colour on the cabinets but didn't want it everywhere. I tried to pick a few core colours and then place them sporadically throughout the house. I didn't want it to be too bold—I wanted it to be neutral and have personality that reflects our family," says Kaitlyn. She adds, "I've always loved navy blue so I did that on the accent wall in the living room."

She created a cohesive look by introducing more navy in the paneled feature wall she designed for her daughter's room. "It's just MDF baseboard that you put on a wall and then spray. It's really cost effective," she says.

Kaitlyn says the Spruce Homes aesthetic is "farmhouse with a modern twist," and their own ➤



The couple installed a home gym in their basement.



Kaitlyn likes to source antiques, like this sign from Kinder Surprises Antiques in Davidson, SK.



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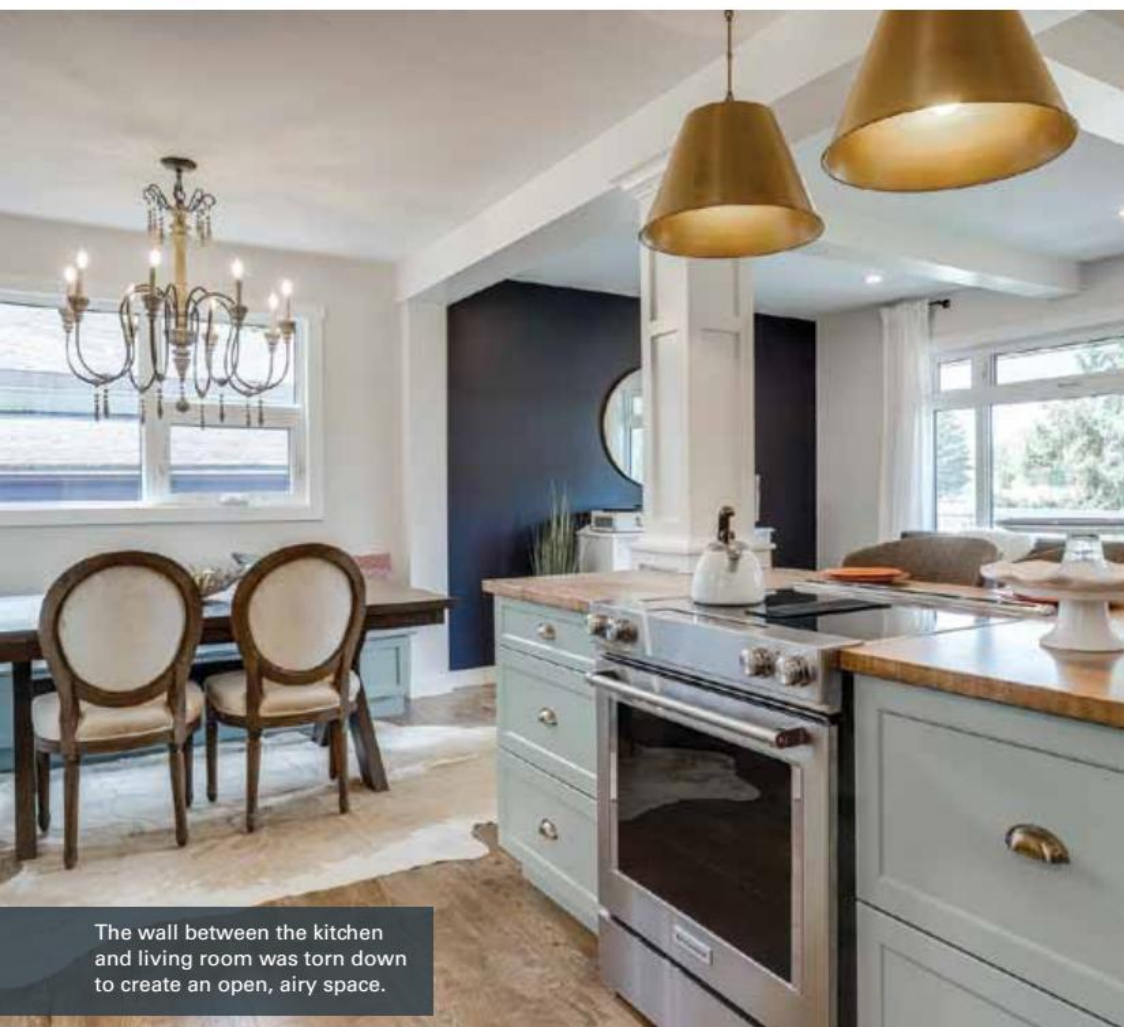
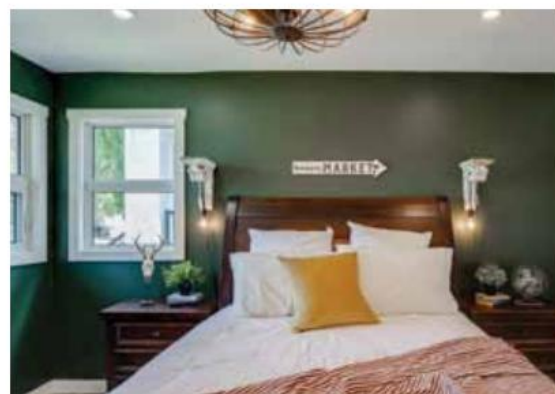
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Simple MDF baseboards were used to create a graphic navy feature wall in their daughter's bedroom.



The wall between the kitchen and living room was torn down to create an open, airy space.

home certainly fits that description. Asked whether she'd change anything if she had to do it all over again, she laughs and says, "I don't think I'd do white cabinets again. I do love a white kitchen so it's funny that I say that. But I'm constantly wiping the cabinets since our two-year-old's fingers get so dirty."

Luckily, she has a chance to start over again. Although two years ago they decided they were going to love this house rather than list it, it'll be sold next year after they finish building a new home and office on an acreage just outside Saskatoon. The new kitchen cabinets will be painted light grey—helping camouflage tiny, sticky fingerprints.

It turns out you can love it and list it. (i)

Julie Barnes



MATTRESS EVOLUTION

GETTING BETTER SHUT-EYE

 **KARIN MELBERG SCHWIER**

Mattresses have come a long way over the years. From hand-sewn sacks stuffed with hay, to metal coils, to waterbeds, many advancements have made a big difference in the world of sleep.

Everyone has experienced that fidgety, itchy, too hot-too cold, achy, toss, turn, what time is it *now*? endless night. Sleep health educator Carolyn Schur says it's critical to address the causes of sleep disruptions and more serious sleep disorders, but any reasonable chance of a good sleep involves, literally, a good foundation.

"It's a problem if the mattress

retains heat, is too soft, too hard, or if it's worn out. You can't sleep well if your mattress is a hammock."

Research and development in the sleep industry is big business. The evolution of mattress design and technology is mind-boggling. It's enough to keep a person up at night.

Shauna Allan, sales manager at Ashley Furniture Home Store, explains the advancements to customers, and reminds them of the two main objectives of a good mattress: support to ensure proper spine alignment, and relief on the sleeper's pressure points. But

the greatest advancement in mattresses, she says, is the ability of a mattress to "breathe and keep a sleeper cool."

Computer Assisted

Each mattress manufacturer offers its own magic formula, but the three most common types of mattress are: springs and coils, memory foam, and hybrid (a combination of the two).

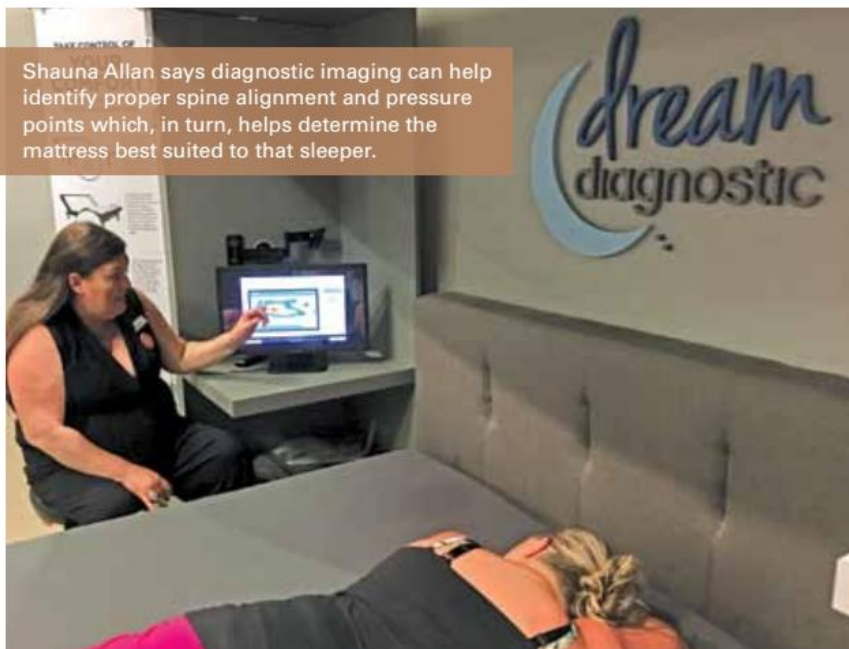
"Finding what will work best for you depends on your sleeping position. Do you sleep on your back, side, stomach?" Shauna explains. "And we take into consideration whether

you are sleeping solo or with a partner."

These days, a computer can help find the best match in mattresses. Using digital imaging, a computer will calculate what firmness and type of mattress can relieve pressure points. The results can determine the one that will give you the best shot at an undisturbed sleep.

"We use a 'Dream Diagnostic' technology with sensors that measure pressure points and pinpoints proper alignment," says Shauna. "We ask people to lie down in the position they normally sleep in. ➤"

Shauna Allan says diagnostic imaging can help identify proper spine alignment and pressure points which, in turn, helps determine the mattress best suited to that sleeper.



The pressure mapping shows where the majority of your weight rests when you sleep, and the computer calculates each factor to determine the mattress best for you based on those characteristics."

Other Considerations

Mattress 'toppers' (the layer at the top of a mattress with varying levels of softness and thickness) have made the concept of 'mattress flipping' obsolete. This topper is what offers that instant "ahhh" gratification when lying on a mattress. But to truly get to know if a mattress is the correct match, it's best to give it time to settle in.

Shoppers searching for

a good sleep sometimes find it difficult to choose a mattress with one or two lie-downs at the store. Shauna recommends finding a store that allows a home test. She suggests asking about what period of time is possible for a "mattress home tryout" and what conditions apply.

From top to bottom, another advancement in the world of sleep is the base that supports the mattress. A relatively new product to be considered as part of a sleep package is a 'lifestyle base,' a mechanized system to lift and lower with programmable settings to alleviate discomfort from health issues, and remember favourite positions for reading

and watching TV. Massage, USB ports, adjustable height, undercarriage motion sensor lighting, and backup in case of power failure are some of the other features.

Once a mattress is chosen, it can be paired with a standard box spring which supports the mattress, or for a greater investment, that mechanized 'lifestyle base' can be used with any flexible mattress that doesn't have a rigid, unbendable frame.

A Sleep Out of This World

Developed in the 1960s by NASA researchers, memory foam – or temper foam – was initially designed as cushioning material for aircraft seats.

One of the inventors came up with Tempur Foam, a commercial application for things like mattresses and pillows. Tempur-Pedic was founded in the early 1990s after a Swedish tech company created the first foam mattress. In 2012, Tempur-Pedic and Sealy Corporation merged to become the largest bedding company in the world.

Shauna advises customers to ask about good quality memory foam, especially for people who need an increased level of pressure relief. But, she says, "not all memory foam is created equal. The big fad is those mattresses that come rolled up in a bag, great for cottage, guests, kids. But for a

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grown adult every night long term, there's just not enough density."

Memory foam also has a tendency to retain heat, so buyers should ask how the manufacturer has taken breathability and cooling into consideration. As an example, she says, Tempur-Pedic has built in a patented Phase Change Material (PCM) designed to regulate temperature. Mattress companies have invested heavily in research to make mattresses cooler. So shoppers looking at anything in the memory foam category should find out how it rates in cooling ability.

Sleep in the Long Run

"There have been big changes in technology and design, but no matter what sleep system you buy, a mattress has an expiry date," says Shauna. She says an average spring mattress will

give proper support for five to 10 years. Better brands like Sterns and Foster about 15 years and something in the high-end like a Tempur-Pedic has a life of 20 to 25.

When thinking about expected lifespan, many mattress companies have a warranty. But it is important to remember manufacturers may void a warranty if the mattress is not used on the proper base intended for that mattress.

Beyond the Ordinary

Sleep 'disruptions' may be temporary, caused by a number of things like stress, relationship trouble, anxiety, problems at work. All can affect sleep. "They are situation specific," says sleep educator Carolyn, "so when the problem is resolved, you return to better sleep."

There are also sleepers with pain, for example, who

have discomfort from cancer treatment, have multiple sclerosis, fibromyalgia, concussion, or other respiratory issues who may benefit from

particular mattress features. "Sleep hygiene, those practices and habits around getting good sleep, and a good mattress really do make ➤



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a difference," Carolyn says. "Having a proper supportive surface to sleep on really matters."

Beyond those with temporary sleep disruptions, there are people with more serious

sleep disorders. Some 100 different sleep disorders are all variations of insomnia, sleep apnea, parasomnia, REM disorders, restless legs syndrome, and circadian rhythm disorders. These need

assessment and intervention. Getting a new mattress alone won't cut it.

"But the right sleep system can provide you with the best support and comfort possible," Shauna says. "We spend

about a third of our day in bed. One of the best things we can do for ourselves is to have seven to eight hours of uninterrupted sleep." 

Karin Melberg Schwier

Carolyn's tips for better shut-eye



Sleep expert Carolyn Schur says everyone has a poor night's sleep from time to time. Some people need help with more serious disorders. But generally there are a few things that promote healthy, rejuvenating sleep.

1. Have a consistent bedtime. "The body has a mechanism that puts it to bed and gets it up, but it needs to know 'now is the time to sleep.' It doesn't get that message if you're all over the map. There will always be variables, but get on a somewhat regular schedule."

2. Practice good sleep hygiene. "Common sense and the basics should be in place. Ensure your bedroom is dark, quiet, and is room temperature or slightly cooler. Your sleep surface – mattress and pillows – must be comfortable for you and in good condition."

3. Sleep sans pets. "People hate me for this but get your pets off of the bed! I know you love your cats and dogs but, unless you're a very deep sleeper, their comings and goings, scratching, yowling – not to mention various emissions – will disrupt you."

4. Avoid emotional, physical stimulation. "There's a lot of talk about technology, but if you like to watch a little TV to wind down, go ahead. I don't think it's the blue light that's the problem, it's the stimulation like disturbing news of the day or a violent, emotionally upsetting TV show. Caffeine, alcohol, spicy food? Be aware of your own triggers."

5. Manage your stress. "If you are highly stressed because of something going on at work or at home, what are you doing to manage it? Try a hot bath, hot milk, hot herbal tea. If your sleep problems are long-standing, get assessed for sleep disorders or other underlying causes."

6. Sleep at your physiologically appropriate time. "What is your circadian type? Are you a night owl or early bird? The drive to sleep is strong, but you may be trying to force your body to go to sleep at a time it's not physiologically designed to do so."



LIVING ON A BUS

SKOOLIE CONVERSION 101: BIG BLUE JUDY

 HILARY KLASSEN

 PAVED TO PINES

Meet Big Blue Judy. Her shape is familiar, but her emerald ice exterior hints at an intriguing interior. Judy's been converted—rescued from an uncertain fate. Goodbye orange school bus—hello luxurious home on wheels.

Judy's fortunes changed when she fell into the hands of young hockey player and college student, Steven

Glass. A Saskatchewan boy who grew up camping, Steven has always been an outdoorsy guy. It was during a three-year stint playing hockey and going to school in Castlegar, B.C. that Steven took an offer to trade his motorcycle for a school bus.

"It was completely random!" he laughs. "I started looking into some of these conversions that

were popping up out of these school buses and I was immediately hooked." For a guy with a keen sense of adventure, a new one was about to start.

But it wouldn't be a solo adventure. Steven met Mitchell Rosko in Castlegar and the two of them had enjoyed tossing around ideas of what the future could hold. They pondered

starting some type of outdoor-related company. They didn't know then that Judy—so named because she seemed like a "wise old gal" to Steven—would loom large in their future.

The Conversion Begins

After Castlegar, Steven returned to Saskatoon for university. The on-line romance began when ➤



Before



After

he found Judy on Kijiji. He drove to Estevan, picked her up at the Legion and got her settled on the Reiley Farm near Borden, where a friend had offered space in their shop. Steven was ready to realize his vision.

"Before I even purchased or made the trade for the bus a lot of the work came with the research, finding out exactly what I wanted in it, what I wanted to do to get it to the point that I saw," he says.

Steven enlisted the help of his girlfriend Ellen and his friend Mitch. Since Steven was a student in the kinesiology program at the University of Saskatchewan, the work often happened on weekends.

Down to Bare Bones

Mechanically, Judy was sound and just needed some new injectors. But like many renos, the International Bluebird needed to be laid bare. "The first thing was completely gutting it and seeing what kind of shape the floor was in, and if there was any rust that needed repairing, basically kind of like with a house, bringing it to down to the bare bones, and seeing if it needs anything structurally, and taking it from there," says Steven.

Thirty school bus seats occupied by countless children were torn out, some repurposed as camp seats and others found new homes. The only one remaining was the driver's seat. Next, the old floor came out and a blank slate waited to be rebuilt.

Steven had to determine interior wall width, since that framing decision would affect how much available interior space remained and

how much insulation could be used. After insulating, he ran wiring and plumbing and then started with the sub-floor and walls, providing the base. "I started creating the layout I wanted and walked it with tape to see what kind of space I actually had in a 40-foot bus."

From School Kids to Living Spaces

To create the desired rustic cozy feel, he sourced materials during the week in anticipation of the weekend trip to work on the project. "I was doing my best to find a lot of reclaimed as well as new stuff," he says, which created some cost savings.

The design evolved as the project progressed. One of the biggest changes was the dinette and front entrance area. He widened the sitting area and made two big comfy built-in couches that are about 30" wide. He ended up with a slightly narrower walkway and a "really nice" seating area for guests.

The "upholstery team"—also known as Steven's mom—created the "comfiest couches," says Steven. "Mitch and I had *Rock Band* and *Call of Duty Zombies* parties all the time on the Xbox and those couches were the best for lounging around on at the end of the day. I was the most comfortable I had ever been in a house. Everything about Judy was cozy and felt like home."

Steven brought his knowledge of RVing to bear when choosing appliances and other design elements. Judy is equipped with a propane stove/burner, a three-way domestic ➤





Stripping Big Blue Judy down to the bare bones was the first step, and then it was a matter of designing the interior function and ambiance.

fridge and microwave. There is abundant storage for long-term living or extended trips. Judy comfortably seats eight, offers a full bath, and has exterior 'belly storage.'

Painted pine tongue and groove walls, a barn-board feature wall, custom contrasting laminate flooring, Edison lighting and custom cushions all contribute to her cozy ambiance. The stylish kitchen has a custom slab butcher block countertop, a subway tile backsplash with contrasting grout, and a double undermount sink for easy dishwashing.

Getting it Done

Inevitably there were challenges and frustrations along the way. Working on Judy 45 minutes out of

Saskatoon meant Steven had to be well prepared when he came to work on Judy. If he needed supplies or something went sideways, there was no store nearby to rescue the situation. Project management was a big part of the learning he did on the build. But Steven says he never felt like throwing in the towel. A few family friends may have thought he was a little crazy to launch a project like this, but other friends thought it was "cool."

Toward the end, Mitch came out for a couple of weeks in the summer. "We went hard at the end of the build to get it done. We had a big trip planned and wanted to take it! That was the focus in summer, the maiden voyage. I got a lot

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of slave labour out of him as well as my girlfriend."

Move-in Ready

Around that time, Steven started thinking about living in the bus. It wasn't something on his mind at the outset. As a student he'd been living with his parents and wanted the independence. Steven found a beautiful parking place for Judy at Ebon Stables, five minutes east of Saskatoon. After some finishing touches, he moved in.

"I lived in Judy from about August to May, so she was home right in the thick of the winter," he recalls. And it was a cold one at that. Winter's wrath helped him get creative to maintain the cozy factor. "When it was around -40,

I had to skirt the sides of the bus and throw a heater underneath to keep my plumbing from freezing," he says. But it turned into a good learning experience on how to incorporate better winterization options for later conversions. Today's conversions are all set for full-time, year-round living.

After a long year with a lot of weekend work, completing the project was a massive relief and very gratifying. "The best part was having a vision in my head and, in that final week of building, seeing it actually come together," says Steven.

Big Blue Judy Pays Off

That ending became another beginning. Steven and Mitch decided ➤



Like many homes with good bones, the interior was simply a gut job.

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When Steven Glass began restoring and renovating the old school bus, he added creature comforts and soon realized he could call it home.



to test-drive Judy in the market and put out some online ads. "The orders rushed in! We immediately booked about five builds and quickly became a business," says Steven. "We didn't expect to see that much interest right off the bat. We knew it was a very unique product but just didn't know if anybody else out there would love it as much as we did." The name they picked for their company, 'Paved to Pines' was inspired by life in Castlegar.

About a year ago they moved their business to Prince Albert. Besides buses, they do sprinter van and camper van conversions. They plan to move to a larger shop in September. Since Judy, they've increased the amount of technology in their conversions. "Probably about 90 per cent

of builds we've completed have been set up with solar," says Steven. "They've all had that backbone of off-grid living and green efficiency, being able to live without plugging in."

After some publicity from the *Saskatchewan Wanderer*, they became media darlings for a while, doing a circuit of morning talk shows, some in Toronto and some locally. They're in talks about a possible DIY TV show.

And Steven's mom is cashing in now, too. She's graduated from the volunteer upholstery team to become the official seamstress for Paved to Pines. And now she even gets paid. (i)

Hilary Klassen

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WISH I WOULD RENOVATION

REFLECTING ON WISHES AND REGRETS

 KARIN MELBERG SCHWIER



Show me a homeowner completely and utterly content with a home renovation and I'll show you a hen with teeth. Probably as mythical as unicorns, someone who can't think

of a single thing they would have done differently simply doesn't exist. Once the sub-trades pack up their stuff, the plaster dust is vacuumed, and the novelty wears away to routine, wishful – and

sometimes wistful – thinking begins.

Sage Advice from Professionals

Saskatoon HOME asked contractors, builders, and various professionals in the

building and renovations industry how to avoid that nagging coulda, woulda, shoulda hangover. To help dodge some après-project pangs, consider their advice.

The Plans

Architectural Technologist
Krista Martens, principal designer/
founder, Beyond Measure Design

"These are a few common comments I've heard as I work with clients to plan a project. There are key lessons than come with each."

1. 'We didn't know what we even wanted and just thought maybe more space would solve our problem.' Think about how you currently live in a space and what changes you hope this reno means to your lifestyle. Hiring a professional who can walk you through an assessment will highlight areas that you may not have known existed.

2. 'There are so many decisions and they come at you fast.' Plan, plan, plan. If one weekend you decide to start a reno



before you've done any planning, you're setting yourself up for a world of hurt. Only hire professional renovators and builders.

3. 'We want our reno to look seamless, and fit in with the neighbourhood.' Hire professionals who will not only help you determine your exact needs now and in future, but will design within the context of the bigger picture. Design a home/reno to suit the lot, be aware how it also affects the neighbourhood, and relationships with your neighbours."

Decor

"There are many things to consider, but I do have some basics. Some are simple; some are best handled with some forethought."



Michelle Rowlett, Owner,
Interior Design Solutions

1. The shape of windows. It is very difficult to dress specialty shaped windows like triangles or half moon. Stick with regular shapes like square or rectangles. That way you won't be disappointed having to deal with naked windows and very few options for blinds.

2. You can never have too much storage. Allow for more storage than you think you need now. Plan for future storage needs.

3. Paint – secret weapon or bane of existence? Paint fades over time. Touch-ups

can be visible due to the fades factor and paint sheen. Using a higher quality paint can cut down on this. Budget is always a factor, but if a gallon of paint is \$5 more for the better quality, it might only increase total job by \$100. To help with touch ups, label paint cans with masking tape to make sure you know which room or wall it is for.

4. Space requirements. When finalizing building plans, make sure you have space for larger pieces of furniture. Don't block

windows with a sofa, love seat or piano. Why have beautiful big windows if you are going to block view and light with furniture? The sunlight will fade your furniture, so it's a lose-lose.

5. Don't do trends. I don't recommend investing in expensive trendy items. A hot pink leather sofa may not be the best decision unless you can afford to replace it next year once you get tired of it. Be trendy with toss cushions or smaller items that won't break the bank when the trend dies." ➤

Electrical

Bryan Burnett, Owner,
Burco Electrical Contractors

"Electrical is one of the biggest missed opportunity regrets. Electrical and AV is where you can plan ahead, especially now with changing technology."

1. Whole house audio? If you think you'd like whole house audio, but it's not in the budget, future proof it. Running some wire/conduit for future isn't costly. The alternative is to try adding the cabling once drywall is in place. That limits what can be done, and likely means costly patching of finishes.

2. Hot tub someday? If you are finishing your basement, run that hot tub feed from the electrical panel to the exterior for future connection. That might avoid more labour trying to fish cable across finished ceilings, or longer cable runs.



3. Lots of little things. There are a lot of small jobs that are very easy to install during the rough in, but can be very difficult and costly later. Power for future landscape lighting, more dedicated circuits in a garage if its going to be a workshop at some point, exterior camera cables, wall mount TVs with concealed conduit to the AV sources located elsewhere—the list could go on. You may say no to nine out of 10 suggestions, but that 10th one could make all the difference and save a lot of future cost."

Hardscaping & Landscaping



Luke Rempel, Owner,
City Gardens
Landscape
Construction Ltd.

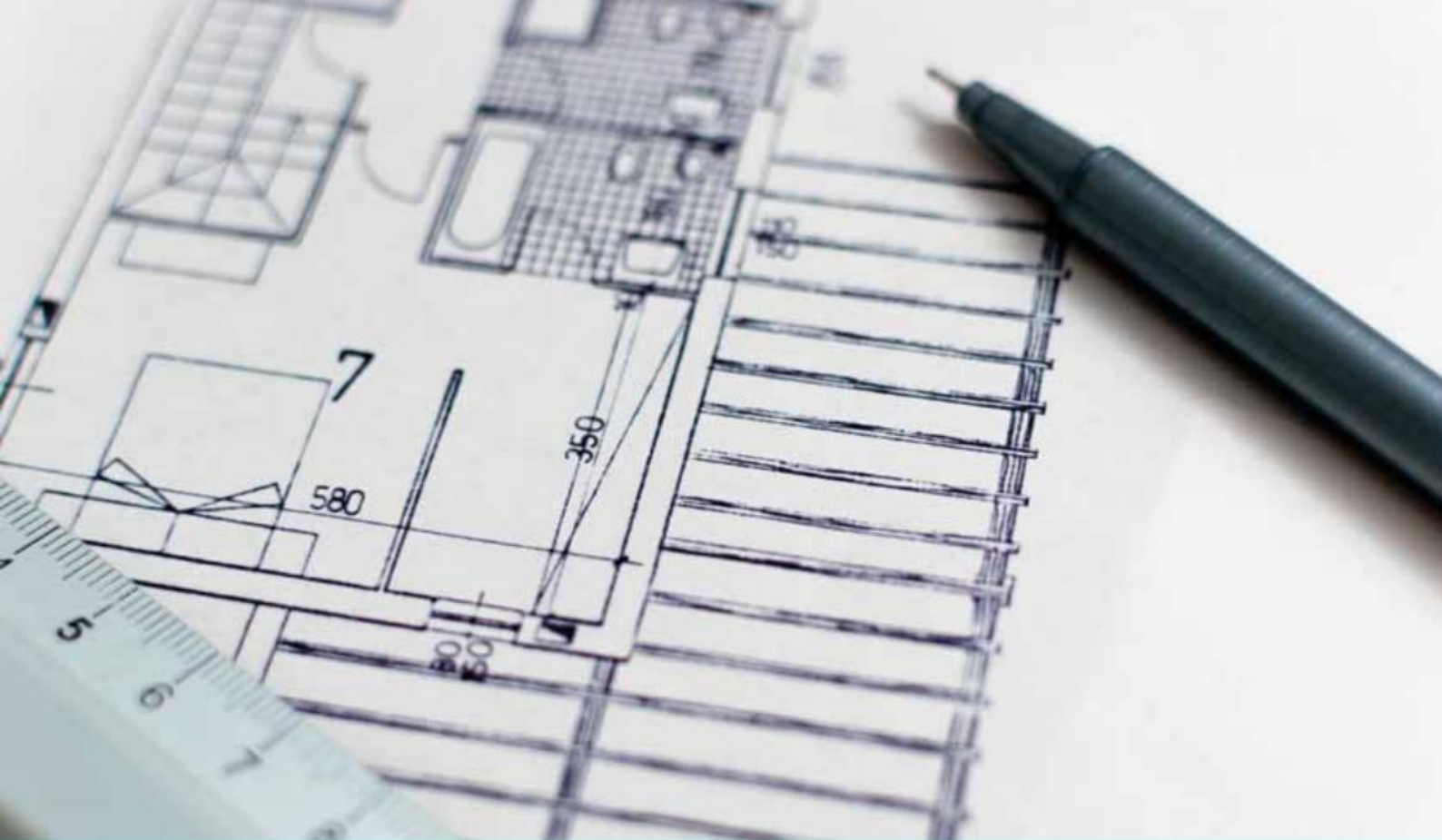
"Understanding the order of operation and the costs associated with the tasks is important information to gather before starting a build or renovation. If you're doing a reno, plan to redo your landscape as it is often unavoidably destroyed."

1. Plan. Create a landscape design, drainage, and grading plan.

2. House first, outside later. Plan the house reno first and the landscape last.

3. Hardscapes first, softscapes second. Hardscapes go in first and often destroy the softscape. Repairs on the softscape can cost as much or nearly as much as renovation of the

entire yard. If you plan extensive patio and walkway work, you're basically planning to redo the entire landscape. Existing irrigation, beds and turf will often be destroyed during construction. The cost to install a hardscape does not include the repairs to the damage caused by its construction. Get a budget estimate for the landscape before embarking on the house reno. It needs to be factored as a real cost."



Plumbing & Heating



Koby Unser, Co-owner,
Imperio Plumbing and Heating

"There is definitely a lot to consider, but there are a few basic things to think about with plumbing and heating systems.

1. Permits. Call the city and find out what has and hasn't been permitted in your home. A basement washroom that was added without a permit can add substantial costs when you bring it up to code.

2. Pipe capacity. Adding a washroom? Check the size of the building drain. A third toilet necessitates a four-inch pipe. A lot of older homes only have three-inch.

3. Heating capacity. If you're increasing your square footage, check your heating system. It may need to be increased in capacity. Some people opt for a second furnace.

4. Camera confirmation. Consider checking the old sewer with a sewer camera. One would hate to install nice new flooring throughout your basement only to find the old cast iron pipe beneath the floor is rotted out." ➤

Renovating & Building



Photo Credit: Hoffman House Photography and Design

Brad and Kaitlyn Blair, Owners, Spruce Homes

"We have a unique perspective because we renovate and sell houses, do custom renovations, and build new construction. Renovating is part art and part science. Whether building your first house or your forever home, we have some suggestions for you."

Four Renovating Tips:

1. Get advice from a realtor.

Before you start, talk to a licensed professional and explain the renovations you have in mind. They can tell you what your house is worth now, and what it will be worth after. You'll be able to ensure you do things that are going to add value. There's nothing worse than doing a \$60,000 renovation to learn it only increased your home value by \$40,000.

2. Don't be afraid to replace drywall. When you renovate old houses, especially with plaster, there are imperfections on the wall surface. Sometimes skimming can hide flaws, but more often than not they show through. Add drywall in these situations for a more polished final product.

3. Knock down that wall! Removing walls can get expensive. Making sure there is enough support, and moving electrical and ductwork can be a pain. There's also patching floors, ceilings, and walls when you

remove dividing walls. But you won't regret it.

4. Hire a professional. A lot of people want to do the work themselves. If you can do a good job and have the time, go for it! But if you've never done it, I promise it will take twice as long and cost twice as much as you think it will. When it comes to resale, people smell a weekend warrior a mile away. If they see a couple subpar things throughout the house, they will wonder what else is subpar they can't see.

Four Building Tips:

1. Create space for a fireplace. Contrary to popular belief, fireplaces are not that expensive. They can add a luxurious feel and definitely increase resale value. It's one of those things tough to add after the home is built. Your builder can likely get a discount off retail, so a fireplace might be cheaper than you think.

2. Upgrade insulation and windows. Insulation is one of those items that isn't fun to

spend on because you don't see it. But for a small cost, it's worth adding more in your walls and attic. Windows aren't cheap, but it's a cost you'll only incur once, so get good ones.

3. Think about basement layout. Even if you're not going to finish your basement now, plan it as if you are. Consider window placement, mechanical layout and plumbing rough-ins. There's nothing more frustrating than finishing your basement

years after you build the house only to realize that you put things in silly places. Planning is free—it just takes a little thought.

4. Furniture placement. Think about where to put furniture in the design stage, and how your family will function in the space. Once the walls are up, they're up, so make sure you create your dream space from the get go. (i)

Karin Melberg Schwier





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HOME FOOD: HUMMUS

  CRAIG SILLIPHANT

If you read this column, you know I'm often at odds with store-bought, processed food. Not that I don't ever eat it, but when I can, I'll always go with fresh and homemade. It tastes better and it's better for you.

If you've ever compared

homemade hummus to store-bought, it's night and day. They don't look the same, feel the same, or most importantly, *taste* the same. The basic ingredients are chickpeas (also called garbanzo beans), garlic, lemon juice, tahini, and

salt and pepper. But how they're treated and what else might be added make all the difference.

Yohannes Petros, proud Saskatonian and owner of Hanes Hummus, invited me into his kitchen to talk about making great hummus at

home. Spoiler alert, sadly I can't give you his secret recipe. I had to swear an oath of secrecy just to watch him make it. But he did reveal some of his secrets in what he does to make his hummus still taste homemade on a large scale.



Hummus is a simple food that has a long and fractured history. People theorize that it originated in the Middle East, which makes sense, as chickpeas have been cultivated there for thousands of years. The earliest record of a recipe called *hummus bi tahini* was found in a 13th century cookbook written in Egypt, but different variations pop up over time. It might be one of those recipes that are so simple they pop up around the same time in different areas, in this case, wherever

chickpeas were found.

Yohannes had never purchased mass produced hummus in his life. After tasting it, he is certain he will never eat it again now that he knows how much he dislikes the taste and consistency.

"Just because homemade was so easy to make and it was really fresh," he says. "The ingredients are very basic, very simple, and all you need is a food processor."

We have the ingredients for Hanes 'Hot Date' Hummus spread out before us, which

includes Thai peppers for heat, dates for sweetness, and a host of spices for flavour. Yohannes' business has grown substantially in the last few years, but he started out by making hummus for himself.

"I began experimenting and adding ingredients that you wouldn't typically find in hummus," he explains. "My cousin took some to where she was working a long time ago, and that establishment became my first customer."

"To get from making hummus in your home

to where you're making it for large grocery stores," he explains, "the recipe has to change slightly. But within that, I haven't cut any corners. The ingredients that you see here are the exact same ingredients that I have for my production."

As I watch Yohannes chop up his ingredients before throwing them into the food processor, I think about two major differences I notice between Hanes homemade and store-bought hummus.

Store-bought doesn't have much flavour, other than a sometimes overwhelming garlic aftertaste. It's also a lot closer to a liquid state. Real hummus is thicker. The reason for that is because mass producers use oil (and sometimes water) as filler. This makes the product a lot less healthy and less robust than what one expects they're getting from hummus.

"Consumers think that oil is an ingredient used to make hummus," says Yohannes. "It's not. Canola oil and ➤

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soy oil have become major ingredients by all of the large brands because they give the product volume and weight. They're fillers. They also use stabilizers. It turns something that should be healthy into something unhealthy. When food is mass-produced at that level, your health is not their concern. Period."

Mass produced hummus is also heat pasteurized. "To extend the shelf life, the large manufacturers make their hummus and then they basically nuke it," says Yohannes. "They microwave it, so you're losing a lot of the nutrients."

Hanes doesn't do this with his hummus recipes, and

they're the only hummus on the market that doesn't have added oil or any other fillers, which is why it tastes homemade. Heck, it tastes homemade because it *is* homemade. Sure, these days it's made in a production kitchen rather than Yohannes' home kitchen where it all started, but it's still homemade in every other sense of the word.

Yohannes shuts off the food processor and with that, our hummus is done. I'm used to spreading it on bread or eating it with vegetables, but Yohannes serves it to me with foods like dates and apples slices. I dip the apple slice and crunch into it

and mmmm, he's right—the sweet fruit juxtaposes well with the garlic and some of the heat from the pepper. Fresh and delicious.

You can easily make your own homemade hummus with ingredients readily found at your local grocery store. The base ingredients are chickpeas, lemon or lime juice (fresh is always best), tahini, cumin and garlic. From there you can get creative and make the recipe your own by experimenting with different tastes. In creating an oil free hummus a food processor or high speed blender is going to help to create the light fluffy texture.

Another option is to pick up

one of Hanes Hummus' three savoury flavours. There's absolutely no argument that homemade hummus is way better than the oily mess that is mass produced hummus. All the proof you need is in the flavour. Your taste buds will thank you in the same way that Yohannes' customers thank him.

"The feedback I get is ultimately what keeps me going," he says. "People are expressing a sincerity I know is real, which happens all the time, and that's why I know I've got a good thing." (I)

Craig Silliphant



DELICIOUSLY DIPPABLE HUMMUS PAIRING IDEAS

Some common and not so common ideas.

Crisp and Refreshing

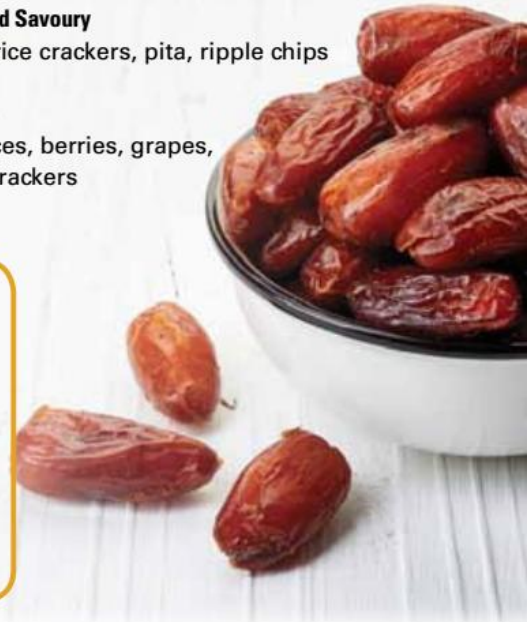
Carrots, celery, bell peppers, broccoli, cauliflower, grape tomatoes, cucumbers, snap peas

Crunchy and Savoury

Pretzels, rice crackers, pita, ripple chips

Sweetness

Apple slices, berries, grapes, graham crackers



JOHANNES' HUMMUS STUFFED DATES

Ingredients:

Hanes Hot Date Hummus
Medjool Dates
Prosciutto
Peanut Sauce

Method:

Cut the dates in half. Stuff with hummus (Yohannes recommends his Hanes Hot Date Hummus). Wrap each with strips of prosciutto. Bake in the oven for 10-15 minutes at 350°F. Serve with peanut sauce to dip.



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Drinkle No. 2 building, 1934.

HOMEtown Reflections

 **JEFF O'BRIEN**

LOST TREASURES: PART 2

Photo Credit: Local History Room – Saskatoon Public Library - A-329

In this issue, we look at a few more of Saskatoon's lost treasures—places where people once lived and loved—that have since fallen to the wrecker's ball. Part One of this story appeared in the Summer 2019 issue of *Saskatoon HOME*.

Drinkle No. 2 – 106 3rd Avenue South (1913-1986)

Built for \$60,000 in 1913 by real estate mogul J.C. Drinkle, the "Drinkle No. 2 Building" was a modest, three-storey structure with retail at street level and 30 apartments above. Work

began in April of 1913 (the same time Drinkle began work on his much more ambitious "Drinkle No. 3," across the street) and it was completed by late summer and fully rented by fall.

There was much rejoicing in Saskatoon when Drinkle

announced his intention to build not one, but two new buildings that spring. By then, there were already indications that the city's economy was beginning to falter. The newspapers were only too pleased to hold up Drinkle's announcements

as a clear refutation of any such heresy.

Although a business school operated briefly out of three suites on the third floor, the building was otherwise almost exclusively residential. Unlike other downtown buildings constructed during the boom, it doesn't appear to have been specifically designed as offices then hastily converted to low-rent apartments when the economy collapsed.

Drinkle No. 2 puttered along, attracting a modest class of tenant, mostly of the downtown-office-and-retail-worker variety. But people began deserting the downtown after the Second World War, and by the late 1970s, it, like the other remaining boom-era blocks, catered mostly to seniors and to the poor, often living on fixed incomes.



Photo Credit: Local History Room – Saskatoon Public Library - LH-9296a



Demolition of Drinkle No. 2, May 23, 1986.

Photo Credit: Local History Room – Saskatoon Public Library - LH-9296c

In 1979, the building's owners announced plans to convert the upper floors to commercial and the tenants, some of whom had been there for decades,

were moved across the road to the mostly-empty Drinkle No. 3 building. There was a lot of this kind of thing going around at the time, and worries were

expressed that the trend towards commercialization or outright demolition of the downtown blocks was eroding the city's affordable rental housing. ➤

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Bate House prior to demolition, 2000.

Photo Credit: Local History Room – Saskatoon Public Library - PH 2000-99-1



Demolition complete, 2000.

Photo Credit: Local History Room – Saskatoon Public Library - PH 2000-99-3



Bate family and friends at 610 Saskatchewan Crescent, 1905.

Photo Credit: Local History Room – Saskatoon Public Library - LH 10



Billy Bate and son Dick in the front room of 610 Saskatchewan Crescent, 1906.

Photo Credit: Local History Room – Saskatoon Public Library - LH 9

Plans for Drinkle No. 2 failed to materialize, however, which may have been fortunate since it meant that when a spectacular fire broke out in the wee hours of May 20, 1986, the upper floors were empty. Flames were already shooting out the roof and windows when the firetrucks arrived, and all they could do was make sure the fire didn't spread. Two days later, the building was demolished and carted away.

Bate House – 610 Saskatchewan Cr. East (1905-2000)

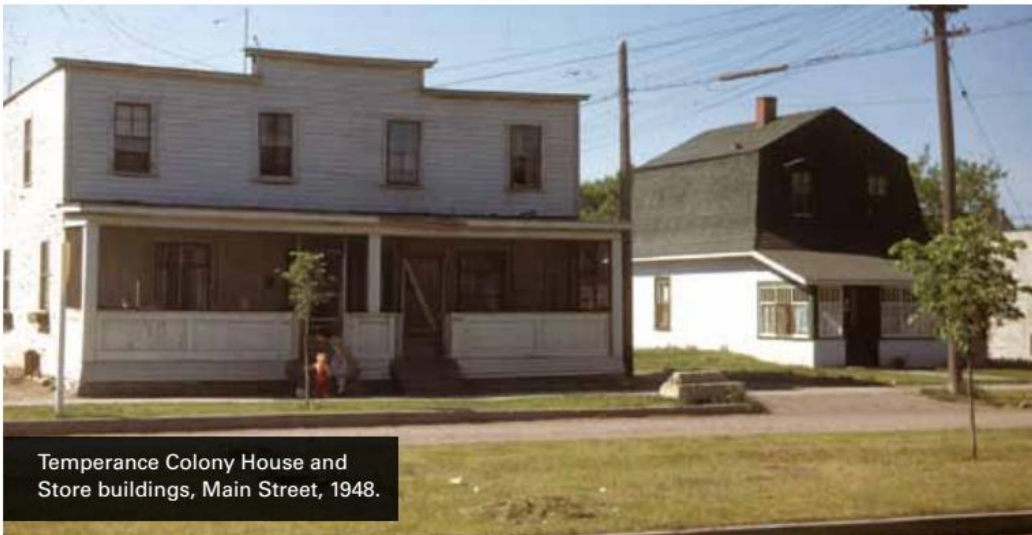
Arriving in 1886 from Ontario, William P. "Billy" Bate homesteaded where the Wildwood golf course is now before becoming the first secretary-treasurer of the new public school board in 1902, a position he held until his death.

In 1905, he moved the family into town, building a fine new house overlooking the river at 610 Saskatchewan Crescent because his wife, Maud,

loved the water. When he died in 1934, the newspaper called him Saskatoon's "pioneer historian," whose habit of collecting the stories and records of the early days made him a recognized authority on the history of his adopted home.

From 1911 until the 1960s, the Butler family lived at the house. An American who had prospected for gold on the Klondike, Jim Butler got into the real estate and insurance business here with Newton C. Byers, establishing a firm that still bears their names.

After the Butlers, the house was a rental from the early 1970s until 1999, catering mostly to university students (although not split into suites). The rental years were not kind to the riverbank landmark, and in 1999, the owners declared that it was "not restorable." Heritage advocates worked in vain to save it and in the spring of 2000, after a "pre-demolition sale" for anyone who wanted to take



Temperance Colony House and Store buildings, Main Street, 1948.

Photo Credit: Sask History and Folklore, Everett Baker Collection - SHSF-6678



Temperance Colony House, 1956.

Photo Credit: City of Saskatoon Archives – Star Phoenix Collection - S-SP-4482-002



Temperance Colony House being moved.

Photo Credit: City of Saskatoon Archives – Star Phoenix Collection - S-SP-4593-001

home a piece of the historic building, it came down.

Temperance Colony House – 526 Main Street (1883-1986)

One of the very first built in 1883 as offices and living quarters for the Temperance Colonization Society agent, the Temperance Colony House was one of the oldest buildings in Saskatoon in 1956 when it was announced that it would be torn down to build a parking lot.

The Saskatoon Old-Timer's Society partnered with the *StarPhoenix* to raise the money needed to save the house and move it from its original location on Main Street just off Broadway to the Western Development Museum (WDM) grounds, at that time on 11th Street West. The campaign was successful and the house saved. When the WDM moved to its new home on Lorne Avenue in the early 1970s, the house moved with it.

But by the mid-1980s, the old building was falling apart. The \$25,000 cost to restore it was more than the museum could afford, and an application for provincial heritage designation, which would have made it eligible for provincial funding, was declined on the grounds that it was "architecturally uninteresting." By then in a dangerous state of disrepair, the Temperance Colony house was subsequently demolished.

Sutherland House – 902 Spadina Crescent (1904-1956)

Ontario born, educated at McGill, 38-year-old William Charles Sutherland came to Saskatoon in April of 1903 to start up a legal practice. He also got involved in ➤



Three generations in front of the Sutherland House, 1906.

Photo Credit: City of Saskatoon Archives – Acc. 2019-015-005



Sutherland House, 1917.

Photo Credit: City of Saskatoon Archives – Acc. 2019-015-001



Alice and William Sutherland wedding photo, 1904.

Photo Credit: Local History Room – Saskatoon Public Library - LH 1681

government, serving as the first Secretary-Treasurer to the new Town of Saskatoon in 1903 before himself sitting on Town Council. In 1905 he became the first MLA for Saskatoon in the newly formed Province of Saskatchewan.

The Sutherlands were married in the spring of 1904, moving into a brand-new, 2-1/2 storey, concrete block house on a large lot facing Spadina Crescent on the north side of 24th Street. They were soon blessed with the arrival of four children and also both of their sisters, who came to live with them, and in 1909, built a substantial addition on the house. They also had two Shetland ponies for the children, which had their own little house in a shed at the back of the lot.

Although not the social butterflies the Clinkskills



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were (see *Saskatoon HOME*, Summer, 2019), Alice Sutherland was expected, as the wife of an MLA, to entertain, and she hosted afternoon teas at the house on Tuesdays and Thursdays.

The Sutherlands moved out in 1917. In 1936, the house was converted it into apartments under the name Crescent Courts and in 1956, it was torn down. Today, a 15-storey luxury condo building now stands where the Sutherlands' lovely brick house once stood. (i)

Jeff O'Brien



Sutherland House, before 1909 addition.

Photo Credit: Local History Room – Saskatoon Public Library - LH 168



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Warm. Modern. Relaxed. Approachable.

Those are the four fitting words Shannon Weber uses to describe a home she staged in Varsity View. And you could easily add 'local' to that list of adjectives, because Shannon furnished the entire home with locally sourced items.

As the owner of In Fine Order Real Estate Staging Services, Shannon has become well acquainted with local purveyors of furniture, art and accent pieces since

she established her business 13 years ago. This particular home happens to be a Kinsmen 2019 Lottery grand prize show home and she settled on "shop local" as the theme.

Benefits of Shopping Local

Shannon says the relationships she's forged with local business owners have been one of the key benefits of supporting Saskatoon's independent retailers. "The more you shop local, the more people

know you, and the more they understand what you're looking for and what you need—and they're better able to serve you that way," she says. "I will go into a store and say, 'I need a piece like this,' and they'll run into the back or whip out their catalog. They're able to really customize for you."

It's a service the big-box stores and online retailers simply can't match. "There's convenience in sitting down at your computer and ordering something that

arrives at your door—I'm not going to deny that or say there's only one way to shop, but there's value in that face-to-face contact, in knowing people and being able to receive customized service."

Another advantage Shannon has noticed is referrals. Since local business owners know her preferred aesthetic, they're better able to point her to another store or service provider if they don't offer what she's looking for. "If they don't have what you need, chances are they ➤

know where in Saskatoon you can get that service or product from,” she says.

Tailored Touches

Shannon loves the immediate feedback she receives from the lottery home visitors. Each year, there’s a piece of furniture or accessory that stands out, garnering lots of inquiries about where visitors can find the item. This year, it was the counter stools, she says.

“I really like to do custom stools at the kitchen counter. It’s hard to find an upholstered counter stool that has a pattern on it. Most of them are plain so I always do a custom counter stool,” she says. “I just love that people are engaged and interested and they take the time to contact me.”

Another item that attracted attention this year was the living room chairs. Or rather, the unique colour of the chairs. Echoing the hue of a burnt orange Crayola crayon, the chairs were admired by some visitors, but not others. “I knew when I selected them that some people wouldn’t prefer them,” says Shannon. “And that’s okay if people don’t love everything. I never expect that.”

Tips and Tricks

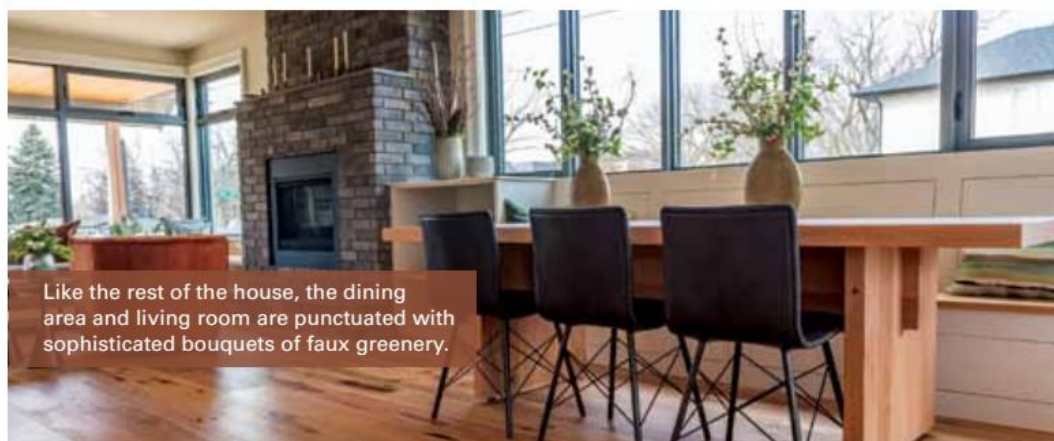
Having staged hundreds of homes in Saskatoon, Shannon says the most common mistake people make when decorating is hanging their art too high. With art that is viewed from standing (think a painting on an otherwise bare wall in an entryway as opposed to art hung over a living room sofa), the centre of the picture should be about 60 inches from the floor. When it comes to art hanging over



Shannon opted to customize the counter stools with patterned upholstery—a bespoke touch that often results in compliments and sourcing inquiries.



Built by OTM Homes, local contractors and locally sourced materials were used throughout the building of the home.



Like the rest of the house, the dining area and living room are punctuated with sophisticated bouquets of faux greenery.



furniture, such as a sofa, the bottom of the art should be 6 to 8 inches from the top of the furniture.

Another misstep is purchasing furniture that's too large for the room, she says. "I think when people go to buy their furniture, they see it in a large showroom space and then they put it in their room and all of a sudden it's consuming the room."

A chunky arm on a sofa can take up to 10 to 12 inches on either side, says Shannon. "That's really taking up a lot of space, so think about choosing furniture that's more simple and not as bulky."

Shannon says you'd typically position your largest piece of furniture along the longest wall. In a living room, this is usually your sofa, so she recommends measuring the wall and determining what length of sofa would complement the space, instead of simply buying one on looks alone.

Often Overlooked

Dramatic bouquets inject colour and character throughout the lottery home. Although they look realistic, they're all faux greenery. Vibrant artwork by Saskatoon artists adorns the walls.

Plants and artwork are two items homeowners tend to overlook when decorating their homes, says Shannon. "Plants add freshness and soften hard corners," she says. "Any time people add a few plants, real or faux, it really livens up a room."

When it comes to art, Shannon says people often feel unsure of what to buy, how to mix it together, and feel the expense can be prohibitive. "Buying local from emerging artists is an affordable way to begin your art collection," says Shannon. "The other thing is, just buy what you love and don't worry about the rules so much." ➤

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Art by local Saskatoon artists, such as this piece by Hailey Weber, infuses the home with character and personality.



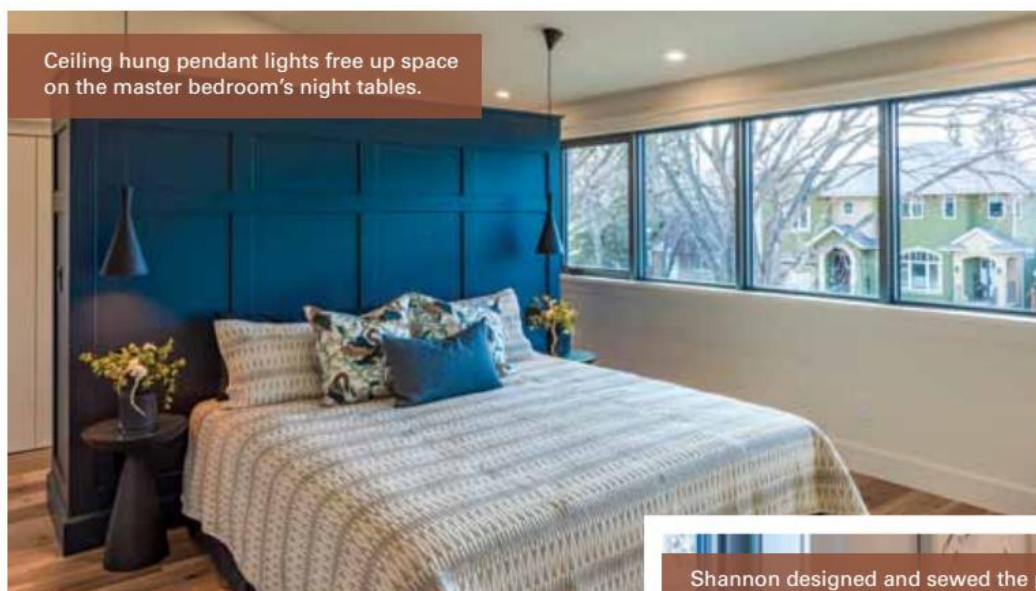
Hidden Gems

Shannon has found Instagram to be a valuable source of distinctive Saskatoon-made accent pieces you might not find in a typical boutique. She loves The Little Loop Shop (@littleloopshop) for macramé wall hangings, Lucky Little Shoes (@luckylittleshoes) for upcycled decorative horseshoes, Home by Randi (@homebyrandi) for custom pillows and cushions, and Prairie Knot Co (@prairieknotco) for their rope trays, vessels and baskets. "When it's handmade it's just so special. It's something that isn't in everybody's home—it's unique to yours and I find that really cool."

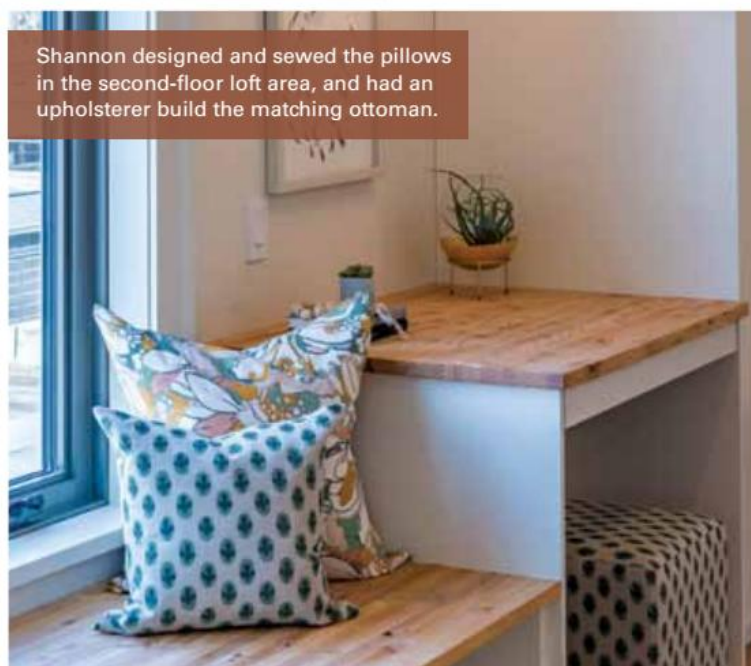
And it's those special touches that make Shannon's lottery home projects shine. She recalls a visitor asking about a photo hanging in the lottery home and the story behind it. "I could say, 'This was a picture taken at such-and-such a place in Saskatchewan.' People really connect with that. It's familiar to them." (H)

Julie Barnes

Ceiling hung pendant lights free up space on the master bedroom's night tables.



Shannon designed and sewed the pillows in the second-floor loft area, and had an upholsterer build the matching ottoman.



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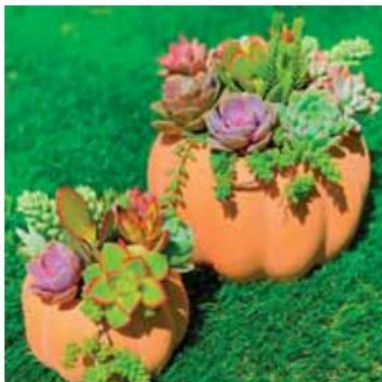
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